# HELSEACOMBATRON Contact Information

**Commanding Officer**
CDR Herschel W. Weinstock, USN
herschel.weinstock@navy.mil
(619) 545–8190

**Executive Officer**
CDR Ryan T. Carron, USN
ryan.carron@navy.mil
(619) 545-8192

**Command Master Chief**
CMDCM (SW/AW) Terry L. Craddock
terry.craddock@navy.mil
(619) 545-8193

**Command Career Counselor**
NC1 (AW/SW) Erin L. Williams
erin.williams1@navy.mil
(619) 545-7058

| Office Phones | Commercial Phone | DSN Phone |
|---|---|---|
| Command Duty Office | (619) 545-8196/8197 | 735-8196/8197 |
| Administrative Office | (619) 545-8189 | 735-8194 |
| Public Affairs Office | (619) 545-6501 | 735-8189 |
| Legal Officer | (619) 545-2379 | 735-8189 |
| Information Securities Officer | (619) 545-8189 | 735-8189 |
| Personnel Security Officer | (619) 545-8195 | 735-6153 |
| Operations Officer | (619) 545-8184 | 735-8184 |
| Maintenance Officer | (619) 545-6432 | 735-6432 |
| Flight Officer | (619) 545-8185 | 735-8185 |
| AAMO | (619) 545-8207 | 735-8207 |
| Training Officer | (619) 545-4373 | 735-4373 |
| Safety Officer | (619) 545-8183 | 735-8183 |
| Student Control Officer | (619) 545-4373 | 735-4373 |
| Maintenance Control | (619) 545-8204 | 735-8204 |
| MMCPO | (619) 545-8199 | 735-8199 |
| QA Office | (619) 545-9894 | 735-9894 |
| Toolroom | (619) 545-6976 | 735-6976 |
| Paraloft | (619) 545-8209 | 735-8209 |
| Airframes/Corrosion Control | (619) 545-9943 | 735-9943 |
| Power Plants | (619) 545-9945 | 735-9945 |
| Phase | (619) 545-8533 | 735-8533 |
| Avionics | (619) 545-8178 | 735-8178 |
| SAR Model Manager | (619) 545-5402 | 735-5402 |
| HCO/LSE | (619) 545-2601 | 735-2601 |
| FRAC/Training | (619) 545-4371/4379 | 735-4371/4379 |

Geographics

# Helpful Numbers in San Diego

| | | |
|---|---|---|
| **Housing** | San Diego Military Housing | 619-556-8443 |
| **Navy Lodge** | Naval Base San Diego Lodge | 619-234-6142 |
| | Naval Base Coronado | 619-435-0191 |
| **Utilities** | San Diego Gas & Electric | 800-411-7343 |
| **Water** | San Diego Water Utilities | 619-515-3500 |
| | San Diego Water Authority | 619-682-4100 |
| **Telephone** | Pacific Bell (Residential) | 800-310-2355 |
| **Pet Licenses** | San Diego Dept of Animal Control | 619-595-4555 |
| **US Postal Office** | | 800-275-8777 |
| **Cable Television** | American International | 619-435-8240 |
| | Country Cable | 760-789-2663 |
| | Cox Cable | 619-262-1122 |
| | | 760-599-6060 |
| | | 800-221-4188 |
| | Daniels Cable Vision | 760-931-7000 |
| | Orion Cable | 760-591-9600 |
| | Time Warner Cable | 858-695-3220 |
| **Child Care** | YMCA Child Care Resource Center | 800-481-2151 |
| | Community Care Licensing | 619-767-2200 |
| | Child Care Resource Referral | 619-556-8491 |
| | Navy Family Homecare Program | 619-556-7391 |
| **CA DMV** | Chula Vista Office | 619-427-5550 |
| | El Cajon Office | 619-447-1900 |
| | Escondido Office | 760-741-2811 |
| | Oceanside Office | 760-941-9300 |
| | San Diego Office | 619-688-0227 |
| | San Diego Clairemont Office | 858-565-6691 |
| **Immunizations** | SD Baby Shots Line | 619-692-6600 |
| **SD Schools** | Attendance Boundaries | 619-725-5668 |
| | Office Of Education | 858-292-3500 |
| **Lending Locker** | Naval Base San Diego | 619-556-7404 |
| | Naval Base Coronado | 619-545-6071 |
| **TRICARE** | Tricare Service Center | 800-242-6788 |
| | Chula Vista Clinic | 619-585-5555 |
| | San Diego (Balboa Ave) | 858-569-6664 |
| | Naval Base Coronado | 619-545-4319 |
| | NAB (Active Duty) | 619-437-3050 |
| | NTC | 619-524-4947 |
| | Naval Station (Active Duty) | 619-556-8101 |
| | Naval Medical Center Information Appointments | 619-532-8225 |
| **SAPR Hotline** | San Diego Area SAPR Hotline | 619-692-5909 |
| **NASNI MWR** | Mon-Sat 9am-7pm/Sun 9am-530pm | 619-545-9576 |
| **NAVBASE MWR** | Mon-Fri 9am-5pm/Sat 9am-2pm | 619-556-2180 |
| **Fleet and Family Support Center** | Naval Base Coronado | 619-545-6071 |
| | Naval Base San Diego | 619-556-7404 |
| | Naval Base Point Loma | 619-553-8306 |

**San Diego Exceptional Family Member Program Coordinators**

Naval Air Station North Island
Officer In Charge
Naval Branch Medical Clinic
P.O. Box 357046
San Diego, CA 92135-7046
619-545-0398/4266
DSN 735-0399
FAX 619-545-0761

San Diego (Coronado)
Officer In Charge, Branch Medical Clinic
NAVAMPHIB Base Coronado
3538 Bougainville Road
San Diego, CA 92155-5046
619-437-5886/2376
DSN 577-5886/2376
FAX 619-437-3056

San Diego (CSC) Balboa
ATTN: EFM Program, NAVMEDCEN STE 100
34520 Bob Wilson Drive
San Diego, CA 92134-2100
619-532-6910
FAX 619-437-3056

Geographics®

## School Information

| | |
|---|---|
| Educational Data Partnership | http://www.ed-data.k12.ca.us |
| STAR Testing Program | http://star.cde.ca.gov |

## Museums

| | |
|---|---|
| Cabrillo National Monument | http://www.nps.gov/cabr/index.htm |
| Children's Museum | http://www.thinkplaycreate.org |
| The Flying Leathernecks Museum | http://flyingleathernecks.org |
| Museum of Contemporary Art | http://mcasandiego.org |
| Museum of History and Art | http://coronadohistory.org |
| Museum of Making Music | http://museumofmakingmusic.org |
| Quail Botanical Gardens | http://qbgardens.org |
| Rueben H. Fleet Science Center | http://rhfleet.org |
| San Diego Aerospace Museum | http://www.sandiegoairandspace.org |
| San Diego Automobile Museum | http://sdautomuseum.org |
| San Diego Hall of Champions Sports Museum | http://www.sdhoc.com |
| San Diego Historical Society Museum/Research | http://www.sandiegohistory.org |
| San Diego Maritime Museum | http://www.sdmaritime.org |
| San Diego Model Railroad Museum | http://sdmodelrailroadm.com |
| San Diego Museum of Art | http://www.sdmart.org |
| San Diego Museum of Man | http://www.museumofman.org |
| San Diego Natural History Museum | http://www.sdnhm.org/index.php5 |

## Other Attractions

| | |
|---|---|
| Birch Aquarium at Scripps | http://aquarium.ucsd.edu |
| San Diego Wild Animal Park | http://www.sandiegozoo.org/park |
| World Famous San Diego Zoo | http://sandiegozoo.org |
| LEGOLAND of California | http://legoland.com |
| SEAWORLD of San Diego | http://seaworld.com |
| Belmont Park & Wavehouse | http://www.belmontpark.com |
| Dave & Buster's | http://www.daveandbusters.com |
| Knott's Soak City | http://soakcityusa.com |
| San Diego Coaster Company | http://giantdipper.com |

## Casinos & Racetracks

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|---|---|
| Barona Casino | http://barona.com |
| Vieja's Casino | http://viejas.com |
| Pala Casino | http://palacasino.com |
| Pechenga Resort & Casino | http://pechenga.com |
| Sycuan Casino | http://sycuan.com |
| Del Mar Thoroughbred Club | http://www.dmtc.com |

## Golf Courses

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|---|---|
| Barona Creek Golf Club | http://barona.com |
| Carlton Oaks Lodge & Country Club | http://www.carltonoaksgolf.com |
| Carmel Mountain Ranch Country Club | http://clubcmr.com |
| Encinitas Ranch Golf Course | http://jcresorts.com |

| | |
|---|---|
| Mission Bay Golf Resort | http://campland.com |
| Pala Mesa Resort | http://www.palamesa.com |
| Rancho Bernardo Inn | http://ranchobernardoinn.com |
| Talega Golf Club | http://talegagolfclub.com |
| Warner Springs Ranch | http://www.warnersprings.com |

**Shopping**

| | |
|---|---|
| Baja Duty Free Store | http://bajadutyfree.com |
| Bazaar Del Mundo | http://bazaardelmundo.com |
| Del Mar Plaza | http://delmarplaza.com |
| Lake Elsinore Outlet Center | http://lakeelsinoreoutlet.com |
| Las Americas | http://www.premiumoutlets.com |
| Seaport Village | http://www.seaportvillage.com |
| Viejas Outlet Center | http://shopviejas.com |
| Westfield Shoppingtown Horton Plaza | http://westfield.com |

## San Diego Transit: (619)-233-3004

Geographics

## Welcome Aboard San Diego!

Take a nostalgic 15-minute ride across the bay to Coronado. Now departing from two San Diego locations; Broadway Pier and the Convention Center. Once across you'll arrive at the Coronado Ferry Landing, a waterfront marketplace full of over 25 unique shops and restaurants.

Taking the Ferry to work? **Commuters ride FREE** during early commuter hours between 5:40am and 8:50am. Click here to view the Commuter Schedule. You will receive a return ticket from the crew to use that afternoon.

| Coronado Ferry Rates: | Each Way |
|---|---|
| Adult | $3.75 |
| Children (under 3) | FREE |

**You may bring your bicycle with you for no extra charge!**
**We also allow Segways on the Ferry**

Ferry Tickets may be purchased at the **Broadway Pier**, **5th Ave Landing** or **Coronado Ferry Landing**.

**For more information call:**
**619-234-4111 or 800-44-CRUISE (27847)**

During **Padre Games** & **Summer Pops**, Ferry to and from Convention Center will depart continuously for approx. 1.5 hours before event begins and one hour after event ends.

There is no smoking allowed on the ferry at any time.

### Ferry Boarding Locations:

- **Broadway Pier**, (Downtown SD): 1050 N. Harbor Drive San Diego Ca 92101
- **Coronado Ferry Landing**, (Coronado Island): 1201 First Street, Coronado CA 92118
- **Convention Center** (Convention Center Marina): 600 Convention Way, San Diego Ca 92101

Geographics

| San Diego - Coronado: | | Coronado - Convention Center: | |
|---|---|---|---|
| Broadway Pier To Coronado | Coronado To Broadway (Downtown SD) | Coronado To Convention Center | Convention Center To Coronado |
| 9:00 am | 9:30 am | 9:17 am | 9:25 am |
| 10:00 am | 10:30 am | 11:17 am | |
| 11:00 am | 11:30 am | | 11:25 am |
| 12:00 pm | 12:30 pm | 1:17 pm | |
| 1:00 pm | 1:30 pm | | 1:25 pm |
| 2:00 pm | 2:30 pm | 3:17 pm | |
| 3:00 pm | 3:30 pm | | 3:25 pm |
| 4:00 pm | 4:30 pm | 5:17 pm | |
| 5:00 pm | 5:30 pm | | 5:25 pm |
| 6:00 pm | 6:30 pm | 6:17 pm | 6:25 pm |
| 7:00 pm | 7:30 pm | 8:17 pm | 8:25 pm |
| 8:00 pm | 8:30 pm | 10:17 pm* | 10:25 pm* |
| 9:00 pm | 9:30 pm | | |
| 10:00 pm* | 10:30 pm* | | |

*Friday & Saturday Only.
Ferry Tickets may be purchased at the **Broadway Pier**, **5th Ave Landing** or **Coronado Ferry Landing**.
View the Commuter Ferry Schedule

Geographics

# Tijuana, Mexico

Operation Safe Crossing is designed to deter underage drinking in Tijuana, Mexico and will be conducted Friday to Sunday nights throughout the year. San Diego Police will stop and ID any person believed to be 21 and younger before entering Mexico, and turn away anyone under the age of 18, who is not accompanied by their parent. ALL military personnel will be referred to Commander Navy Region Southwest (CNRSW) Border Shore Patrol for screening.

All military personnel without their Armed Forces Identification Card, will be denied entry into Mexico (per BUPERINST 7150.10B). San Diego police will arrest any person regardless of age, coming back from Tijuana who cannot care for themselves, due to intoxication. CNRSW Border Shore Patrol will maintain a visual presence and assist SDPD upon request in handling or taking custody of any military personnel.

**CNRSW Border Shore Patrol will enforce the following current Mexico Liberty Policies:**

ALL Navy Personnel E-6 & Below MUST have an approved Special Request Chit prior to entering the Mexican Border area in a leave or liberty status. Liberty Chits are to be approved by the individual's command at the level leave or liberty would be granted, or otherwise, as prescribed by the individual's commanding officer. This policy (CNRSW 1500.1A) applies to all Navy personnel E-6 and Below, permanently or temporarily serving, stationed, or assigned within the Regional Command Authority (California, Nevada, and Arizona) of Commander Navy Region Southwest (CNRSW), including personnel assigned to Transiting Units, who travel across the Mexican Border into the "Border Area." The "Border Area" is defined as the territory of Mexico within 75 miles of the United States and Mexican Border.

Navy Commands will be notified of violations or suspected violations by Naval Message with an information copy to the Immediate Superior in Command (ISIC) (HSC-3 ISIC is Commander Naval Air Forces Pacific). A detailed incident complaint report will also be provided. Commanding Officers are required to respond by Naval Message within 30 days indicating the specific disposition of the incident with an information copy to their ISIC.

In addition to obtaining an approved chit, personnel who are E-6 and Below shall use the "buddy system" while in the Mexico border area. A "buddy" is an adult, eighteen and older, military or civilian, whom the servicemember chooses, his command approves, and whose identity shall be specified on the request chit.

*Refer to COMNAVREGSWINST 1500.1B for the MINIMUM liberty requirements for Tijuana and the Mexican border area.

**Commanding Officer policy at HELSEACOMBATRON THREE (HSC-3) requires ALL E-6 and Below personnel to adhere to the above CNRSW Mexican/Tijuana Liberty policy!**

*Additional items of interest regarding liberty in Mexico and the city of Tijuana on Automobiles, Personal Conduct, and Personal Safety may be found on the next page.*

## Automobiles

- Do NOT drive in Mexico unless absolutely necessary.
- Do NOT take rented vehicles into Mexico
- DO buy Mexican Insurance if you must drive in Mexico; a U.S. Policy, almost without exception, is not good in Mexico
- DO remember that even in a minor auto accident can result in your being imprisoned in a Mexican jail unit disposition of money damages occur.

## Personal Conduct

- Do NOT go to Mexico in uniform.
- Do NOT buy, sell, or possess Marijuana or other controlled substances (including metabolic steroids, diet pills, performance enhancers, etc – as many of these items contain other controlled substances.)
- Do NOT become intoxicated. If you do, do NOT drive.
- Do NOT argue with shopkeepers, bartenders, or taxi drivers.
- Do NOT carry firearms or other weapons in Mexico.
- DO avoid confrontations such as fights and arguments, and do serve as a proper representative of the United States armed forces.

## Personal Safety

- Do NOT put yourself into a situation with a stranger where you may be victimized.
- Do NOT interfere with the Mexican Police in the performance of their duties.
- Do NOT wander around the back streets.
- Do NOT use public ATM's late at night.
- Do NOT be on the streets late at night.
- Do NOT drink water from a tap or public water supply. This includes ice cubes.
- Do NOT purchase food from street vendors.

# REMEMBER!

- When in a foreign country, the rights that you enjoy as a U.S. citizen are not assured. You are subject to the laws and rules of that country.
- Mexican jails and prisons are definitely NOT pleasant places to be.
- If you park your car on the U.S. side of the border, and walk into Mexico, and if you drink alcohol while there, do NOT walk back across the border, get into the car, and drive. California police frequently patrol these parking areas.

# IF YOU'RE IN NEED OF HELP!

If you do get into trouble in San Ysidro, call U.S. Navy Shore patrol Liaison: (619) 428-2427, or the U.S. Consulate, Tijuana: 66-81-7400 or (619) 692-2154 (Consulate Duty Officer pager)

## MWR Information

# MWR THIS WEEK

# E-Newsletter

**Prizes • Contests • Sneak Previews • All of the Latest MWR Information**

To sign up for **MWR This Week**,
email Mindy.Hayes@navy.mil

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## Deployed Forces Support

**Facility: Regional Deployed Forces Support**
**Bldg#:** 71
**Address:** 2375 Recreation Way
**Base:** Naval Base - San Diego - (NBSD)
**Hours:** Mon-Fri; 7:30 am-5 pm / Sat-Sun, Hol; Closed
**Phone:** (619) 556-3327, 556-4826
**Fax:** (619) 556-6399
We offer the following programs: Liaison between ships & shore, Fleet Recreation Management Course, assist visit prior to inspections, conducts MWR briefings, special event coordination.

## Job Opportunities

**How To Apply:**
Submit a completed SF-171, OF-612, MWR Application or resume in person to:

**Community Support Programs**
(Regional NAF Human Resources Office)
Naval Base San Diego (Dry Side)
Building 3210 (Anchors Catering & Conference Center) Main Street & Yuma Street
**Phone:** (619) 556-8916
Monday - Friday: 8 am-4 pm
**Or Fax to:** (619) 556-9537
• Fill out application and
• Attach in email to: mwr.hr.dept@mwrsw.com
• Or print and fax to MWR HR DEPT. 619/556-9537

The following web site contains information on how to apply for APF positions through Resumix.
**http://www.resume.hroc.navy.mil/JobOpportunities/jobs_employment_opportunites.htm**

Geographics

## EMPLOYMENT OPPORTUNITIES

The MWR Personnel Department is the starting block for non-appropriated fund job opportunities. We accept applications for the following positions on a continuous basis:

**Food Service Workers -** Waiter, Waitress, Cooks, Dishwashers, Bartenders, Bar Assistant, Cashier, security Guards, Custodial Workers.

**Recreation Aids -** Auto Hobby, Recreation Centers, Fitness Centers, Pools, Marinas, Single Sailor, Golf Pro Shop.

**Child Care -** Educational Aids, Operation Clerks, Receptionist, Program Assistants, Custodial, Cooks.

**Billeting -** (Bachelor Quarters Billeting) Custodial, Housekeeper, Operation Clerks.

**Recreation Assistants -** Dock Attendants, Sailing Instructors, ITT Ticket Sellers, Lifeguards, Water Safety Instructors.

**Laborer -** Bowling Lane Maintenance, Golf Driving Range.

**Clerical -** Accounting, Purchasing, Personnel, Operations Clerk, Administrative.

**Motor Vehicle Operator**

**Child Care -** Locations throughout San Diego including MCRD, Miramar, Naval Station, Naval Amphibious Base, Naval Air Station North Island, Point Loma Subbase, Fleet Antisubmarine Warfare Training Center, Navy Medical Center.

**Program Areas:**
Fitness, Food and Beverage, Recreation, Bowling, Sports, Entertainment Tickets and Tours, Child Development, Outdoor Recreation, Youth, Aquatics, Golf, Billeting, Outdoor Recreation.

**NOTE:** UPON EMPLOYMENT, MUST ENROLL AND PARTICIPATE IN DIRECT DEPOSIT.

## Sponsorship and Advertising Opportunities

### COMMERCIAL SPONSORSHIP AND ADVERTISING

MWR can provide your organization with the opportunity to market your company's name and/or products to an exclusive military population. Both event Sponsorship and direct advertising are available to gain exposure and potential market share for your organization. MWR will work with you to design a package to meet your organization's marketing goals and objectives. For more information about the Navy's sponsorship program call (619) 556-7464

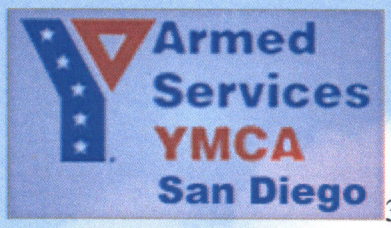
**IRENE WELLS**
***MWR Regional Sponsorship Coordinator***
MWR Marketing Department
Naval Base San Diego
2375 Recreation Way, Bldg. 3532
San Diego, California 92136-5518
(619) 556-7464
Email: Irene.wells@navy.mil

Geographics

## Personnel

**Facility: Personnel**
**Bldg#:** 3210
**Address:** Main St. and Yuma St.
**Base:** Naval Base - San Diego - (NBSD)
**Hours:** Mon - Fri; 8:00 am - 4 pm / Sat-Sun, Hol; Closed
**Phone:** (619) 556-9611
**Fax:** (619) 556-9537

Located in the Anchors Catering & Conference Center at the I-5 freeway off ramp at Main St./National City Blvd. Application are accepted from 8:00 am to 4 PM Monday through Friday for a wide variety of positions for recreation, food service, child care and hospitality positions. Open positions listing, benefit info.




3293 Santo Road
San Diego, CA 92124
**Phone:** (858) 751-5755
**Fax:** (858) 751-5769
**Website:** asymcasd.org
**Contact:** Paul Steffens, Executive Director, (SA)
info@asymcasd.org

Since 1921, the non-profit San Diego Armed Services YMCA has assisted San Diego Military with free family bonding, social networking and youth enrichment programs to help them stress less and connect more.

**Youth & Community Outreach**

- Mom & Tots
- Craft & Conversation
- Playgroups
- Healthy Living Walking Group
- Operation Kid Comfort
- Operation Hero
- Camp Hero
- Operation Outdoors
- Youth Enrichment Summer (YES) Programs
- YES! Teen
- Healthy Kids Day
- Father Daughter Dance

**Active Duty Programs**
(619) 232-9084

- Military Volunteer Program
- Out and About Tours of San Diego
- Welcome Homes
- Thanksgiving Adopt-a-Troop
- Operation Liberty Call
- Adopt-a-Command
- Recreating Field Trips

Geographics

**Naval Medical Center**
(619) 532-8156

- Medical & Therapy
- Appointment Time Child Care
- Arts & Writing Workshops
- ASY Medical Center Ambassadors
- Community Connections
- Digital Electronic Library
- Family Fun for Special Needs Children
- Healing Touch
- Message & Reiki Sessions
- Medevac Family Support
- Neonatal Intensive Care Reunion
- Recreation Therapy
- Therapeutic Horseback Riding
- Therapy Dog Visitation
- Wounded Warriors Battle Back
- Yoga and Meditation Classes
- Recreation Therapy
- Wounded Warriors Battle Back

**Family Outreach Department**

- In-home Family Counseling
- Marriage Counseling
- Individual Counseling
- Parenting Education
- Clinical/Social Networking Groups
- Information, Resources & Referrals
- Family Emergency Supplies
- Neighborhood Exchange
- Super Parent Holiday Shopping Day
- Holiday Elf Program Children's Deployment Groups
- Military Family Advisory Committee

Geographics